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|---------------------------------|----------------------------------|
| <b>Subject Code: 1NR1020104</b> | <b>Subject Title: PSYCHOLOGY</b> |
| <b>Pre-requisite</b>            | -----NA-----                     |

### Course Description

This course is designed to reorient and widen the student's knowledge of fundamentals of psychology. The student is offered an opportunity to apply the theoretical concepts in the clinical setting and thereby understand the psycho dynamics of patient behaviour. This course would also help the student to develop and insight into her own behaviour.

| Teaching Scheme (Total Hours) |           |             | Evaluation Scheme (Marks) |                       |                       |                       |       |
|-------------------------------|-----------|-------------|---------------------------|-----------------------|-----------------------|-----------------------|-------|
| Lecture                       | Practical | Total Hours | Theory                    |                       | Practical             |                       | Total |
|                               |           |             | University Assessment     | Continuous Assessment | University Assessment | Continuous Assessment |       |
| 60                            | 15        | 75          | 75                        | 25                    | -                     | -                     | 100   |

### Course Content:

| UNIT | Time (HRS) |   | Learning Objective                                                                                                                         | COURSE CONTENTS                                                                                                                                                                                                         | Teaching learning Activities | Assessment Method                      |
|------|------------|---|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------------------|
|      | T          | P |                                                                                                                                            |                                                                                                                                                                                                                         |                              |                                        |
| I    | 3HRS       |   | Describe the scope & methods of psychology                                                                                                 | * Introduction: Definition of psychology, scope and methods of psychology.<br>* Relationship with other subjects.                                                                                                       | Lecture & Discussion         | Written Test; Objective and Essay Type |
| II   | 6 HRS      | 5 | Describe the sensation, attention & distinguish between normal & abnormal Simple experiments Perception measuring thresholds Reaction time | * Sensation, Attention and perception: Definitions<br>* Sensory processes: Normal and abnormal<br>* Attention and distraction: Contributory factors<br>* Characteristics of perception, perception: Normal and abnormal | Lecture & Discussion         | Written Test; Objective and Essay Type |
| III  | 6HRS       |   | Describe motivation, its nature Describe Frustration and conflicts                                                                         | * Motivation: Definition and nature of motivation<br>* Biological and social motives<br>* Frustration and conflicts<br>* Self-actualization                                                                             | Lecture & Discussion         | Written Test; Objective and Essay Type |
| IV   | 5 HRS      |   | Describe emotions & its application in sickness                                                                                            | * Emotions: Definition of emotions, expression and perception<br>* Emotions in sickness                                                                                                                                 | Lecture & Discussion         | Written Test; Objective and Essay Type |
| V    | 7 HRS      |   | Explain the concept of personality & its influence on behavior.                                                                            | * Personality : Definition , constituents of personality<br>* Personality in sickness and nursing                                                                                                                       | Lecture & Discussion         | Written Test; Objective and Essay Type |

|      |       |  |                                                                                           |                                                                                                                                                                                                                                                                                                        |                                                             |                                                                  |
|------|-------|--|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------|
| VI   | 5 HRS |  | Describe psychological needs of various ages during their life cycle                      | <ul style="list-style-type: none"> <li>* Psychological aspects of nursing</li> <li>* Behaviour and sickness.</li> <li>Psychological needs of Child and adolescents Adult Aged Attendants</li> <li>* Chronically ill individual</li> </ul>                                                              | Lecture & Discussion<br>Case Discussion                     | Written Test; Objective and Essay Type                           |
| VII  | 4 HRS |  | Describe significance of individual differences & its implications in nursing             | <ul style="list-style-type: none"> <li>* Individual differences</li> <li>* Significance of individual differences.</li> <li>* Heredity and environment</li> <li>* Role of individual differences both in health and sickness.</li> <li>* Implications of individual differences in nursing.</li> </ul> | Lecture & Discussion<br>Demonstration<br>Practical sessions | Written Test; Objective and Essay Type                           |
| VIII | 6 HRS |  | Describe intelligence & abilities during sickness                                         | <ul style="list-style-type: none"> <li>* Intelligence and Abilities: Definition</li> <li>* Intelligence and abilities during sickness</li> <li>* Measurement of intelligence and abilities.</li> </ul>                                                                                                 | Lecture & Discussion<br>Demonstration                       | Assessment of Practice<br>Written Test; Objective and Essay Type |
| IX   | 5 HRS |  | Describe learning & laws of learning during health & sickness                             | <ul style="list-style-type: none"> <li>* Learning: Definition, conditions of learning</li> <li>* Laws of learning</li> <li>* Learning during health and sickness.</li> </ul>                                                                                                                           | Lecture & Discussion<br>Demonstration                       | Assessment of Practice<br>Written Test; Objective and Essay Type |
| X    | 5 HRS |  | Describe memory & forgetting<br>Describe its application during health & sickness         | <ul style="list-style-type: none"> <li>* Memory and forgetting: Definition and nature of memory</li> <li>* Memory during health and sickness.</li> <li>* Forgetting during health and sickness</li> </ul>                                                                                              | Lecture & Discussion<br>Demonstration                       | Written Test; Objective and Essay Type                           |
| XI   | 5 HRS |  | Describe attitude & role of attitudes in health & sickness                                | <ul style="list-style-type: none"> <li>* Attitudes: Definition, Development and modification</li> <li>* Role of attitudes in health and sickness.</li> </ul>                                                                                                                                           | Lecture & Discussion                                        | Written Test; Objective and Essay Type                           |
| XII  | 3 HRS |  | Describe the characteristics of mentally healthy person<br>Explain ego, defense mechanism | <ul style="list-style-type: none"> <li>* Concept of mental hygiene and mental health</li> <li>* Characteristics of a mentally healthy person.</li> <li>* Defense mechanisms.</li> </ul>                                                                                                                | Lecture & Discussion                                        | Written Test; Objective and Essay Type                           |

### PRACTICUM

1. Simple experiments of (i) perception (ii) measuring thresholds (iii) reaction time.
2. Administration of psychological tests
3. Observation and recording data: (i) field observation (ii) interview (iii) case study (iv) self-rating.